BENGALURU, WEDNESDAY, DECEMBER 22, 2021 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 27 | Min 14 | Humidity 88% Misty morning & mainly clear sky Sensex 56,319 | Nifty 16,770 | Gold 48,040 | Silver 61,763 | Dollar 75.70 | Euro 85.29 | GBP 100.29

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Iffath.Fathima
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Bengaluru Urban is all set to be the first district in the state to achieve 100% coverage of the second dose of covid-19 vaccine.

With the state trying to achieve 100% vaccination against covid-19, some of the districts are still far behind.

Back in August this year, Bengaluru Urban (excluding Bruhat Bengaluru Mahanagara Palike) had become the first district in Karnataka to achieve 100% first dose vaccination, while the other districts were lagging behind due to 'vaccine hesitancy amongst people' and at times 'due to shortage of vaccines'.

As of Tuesday, Bengaluru Urban district, including 800 plus villages, has successfully completed 128% vaccination of the first dose and 98.2% of the second dose.

While 100% coverage means the total population in the district is fully covered, Bengaluru Urban deputy commissioner (DC), J Manjunath said people from the BBMP limits or from different states coming to work in Bengaluru Urban were vaccinated as well in the district. "From the 2011 census records, we have covered the entire population with the first dosage. There are instances where people travel from one place to another for work purposes or other activities and once they get vaccinated in our district the cowin portal counts it under our district records and this way the numbers have gone higher than 100%. It could be also because there has been no recent census -- and going by the 2011 census, the population would have merely increased now and hence we have covered high numbers," the DC clarified.

He further pointed out that in the next two days, the district has a target to achieve — 100% vaccination with the second dose. "We have over 10,62,262 citizens in total in the 2197 sq km area of the district and all of them have been vaccinated with the first dose; we are looking into finishing the second dose coverage in the next two days. People who had been hesitant earlier are no more

CONTINUED ON PAGE 8 »

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But boxed in for New Year

Karnataka on Tuesday announced restrictions on New Year revelry taking into account covid-19. At the Suvarna Vidhana Soudha in Belagavi, Chief Minister Basavaraj Bommai said the decision was taken at a high-level video conference with the authorities concerned and covid-19 expert committee: "The usual large gatherings at MG Road, Brigade Road and surrounding areas in Bengaluru are prohibited, and are banned across Karnataka," he said.

DJs and special events are not allowed in clubs, bars and pubs with entry restricted to 50% capacity. The CM clarified that the curbs apply to the apartment blocks too. The resident welfare associations' must ensure there are no large gatherings and parties on premises. The entry shall be only for those administered with two doses of the covid vaccine.

The rules will come into effect from December 30 to January 2. During Christmas, mass gatherings are not allowed outside the premises. Prayers inside churches are allowed. Church authorities should ensure social distancing, the CM explained. The state health department is on firefighting mode after detection of 19 Omicron cases in districts other than Bengaluru. All Omicron patients are asymptomatic and recovering. **BMB**

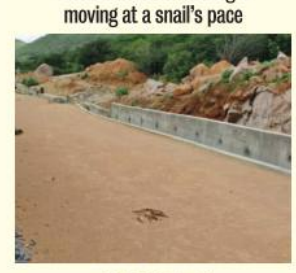
PURSUIT OF HAPPINESS

Seventeen-year-old Ayushi Kishore is spreading awareness about mental health problems among the youth and trying to make the world a happier place

PAGE 2

NOT OFF TRACK, JUST SLOW

Work on Yelahanka-Gooty section's track doubling is moving at a snail's pace



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3 THINGS TO DO

01 The Unruly Syntax

Check out The Unruly Syntax', an exhibition of paintings by contemporary artist Ravikumar Kashi. The Unruly Syntax is a compilation of Kashi's work revolving around the 'urban experience'. It showcases a body of work that re-grounded him in the act of painting, which had been left at the margins of his practice over the last decade and returned strongly during the isolated period of the pandemic.

Where: Gallery Sumukha, Wilson Garden
When: Till Jan 22, 10:30 am – 5.30 pm (Mon – Sat)
Contact: 9380420041

02 Winter melodies

Take a break from the stress and monotony of work by attending a beautiful musical evening at Lahe Lahe. The session will have musical aficionados come and jam together and form a community of like-minded musical souls. What's more, you can even tune out a few songs of yourself too!

Where: Lahe Lahe, HAL 2nd stage, Indiranagar
When: Wednesdays, 7:30pm – 9:30pm
Tickets: 9886294444

03 Artsy things

India's largest e-commerce platform for framed wall art, Arte' Venue, is offering a wide range of over 3,50,000 licensed art work from international artists. Adopting new technologies to provide a good shopping experience to the customers, Arte'Venue allows customization of premium quality Giclée on various media. For every selected artwork, it offers extreme flexibility in terms of size, media, framing and the highlight of their offerings is experiencing the art work through augmented reality.

Where: artevenue.com; When: Ongoing

PURSUIT OF HAPPINESS

Seventeen-year-old Ayushi Kishore is spreading awareness about mental health problems among the youth and trying to make the world a happier place

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Life was more or less hunky-dory for Ayushi Kishore as a happy-go-lucky teen, until she chanced upon a story of a boy her age who lost the battle of mental health and ended up taking his life. As a 14-year-old, the story moved her so much that she decided to take up the fight herself and educate the youth on mental illness and inspire them.

Now a Grade 12 student from CMR National Public School, the 17-year-old Kishore started the project 'i4 inspire' to help and raise awareness about mental health, especially as due to the pandemic, there has been a rise in screen time, social isolation, fear, anxiety, depression and individuals becoming a victim of bullying.

"When I was in Grade 9, I read a story about a boy my age from Bengaluru who lost the battle of mental wellness. This impacted me deeply and made me more sensitive and observant about this problem in my day-to-day life. I started noticing more and more of my peers facing challenges and not having a proper solution. Elements like problem identification, solution, reverse brainstorming, and pivoting were very useful to make my idea of solving a real-life issue reality.

"The reason I chose to name my project 'i4inspire' is because one of the key pillars of the project is to inspire the youth, in a way to inspire others. The 'i' in i4inspire stands for the 'I' in each individual who represent the change," she says.

From conducting workshops to fundraising, Kishore (right) is sensitising individuals about the pitfalls of mental health problems, especially during the pandemic

> **"When I was in Grade 9, I read a story about a boy my age from Bengaluru who lost the battle of mental wellness. This impacted me deeply and made me more sensitive and observant about this problem in my day-to-day life** – Ayushi Kishore

Aided by her psychology professor, so far, she has reached over 12,000 individuals and is planning to hone 1,000 intellectually challenged persons to bring a change in the society. She is also part of Future Leaders' program by 1M1B Foundation, a non-profit organisation supporting her with the i4inspire project.

Kishore says that being a technology enthusiast, she uses online technology (social media and websites) to spread mental awareness. She has been spreading awareness through partnerships, speaking at events, workshops, blogs, and leveraging social media for amplifying awareness and fundraising.

She adds: "People never know they have mental wellness issues unless they are terribly ill or are diagnosed for intellectual challenges, hence they rarely seek out help. Moreover, mental health remains a subject with a lot of taboo and people often shy away from speaking about it or participating in discussions."

IISC, Akshaya Patra tackle child nutrition issues

Melvin Mathew
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TWEETS @BangaloreMIRROR

The Indian Institute of Science (IISC) is collaborating with the Akshaya Patra Foundation to form a research lab to fight child food insecurity, even as health experts are sceptical about the partnership.

The partnership has resulted in evidence-based research studies and published papers on vaccine hesitancy analysis, Covid-19's impact analysis on a child's education and nutrition, psychology study of school children, water-food-energy nexus, and assessing human security crisis.

"IISC has entered into a long-term partnership with Akshaya Patra to understand food, poverty, nutrition, sustainable food systems and tackling malnutrition," said Professor Anjula Gurtoo, Chair, The Centre for Society and Policy at the Indian Institute of Science.

"In the initial stage, the team will be conducting pan-India surveys to collect information on the field. We are trying to find the impact of Covid on nutrition, vaccine hesitancy in children and parents and perform research under various other issues in the field of nutrition," added Gurtoo.

According to the study conducted by the team across 2.5 lakh children, there is 40 per cent stunting among children coming from underprivileged backgrounds. Their research on food fortification has also revealed that adding micronutrients to a child's nutrition can be effective.

"We are focussing on developing comprehensive health and nutrition frameworks that incorporate medical, physiological, social, psychological and economic factors as a guide for assessing and planning future health interventions for a child's biological and functional growth through the school meal and nutritional interventions. The idea is to build empirical evidence that constantly highlights the large-scale impact of combined efforts in the state and beyond," said Shridhar Venkat, CEO, The Akshaya Patra Foundation.

Health experts, however, are split over this partnership. "Akshaya Patra is an organisation that promotes Sattvic food. Their whole approach to nutrition is not scientific and hence there is no point in talking about nutritional security. They refuse to provide meat, egg, onion and garlic to people and interfere with their cultural eating practices. Organisations like IISC are only contributing towards legitimising Akshaya Patra," said Dr Sylvia Karpagam.

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NOT OFF TRACK

But track doubling work on Yelahanka-Gooty section is moving at snail's pace

Sridhar.Vivan@timesgroup.com
TWEETS @sridharvMirror

If you're planning to travel long-distance from Bengaluru towards Hyderabad and beyond, you may have to wait a while. The work on the track doubling of Yelahanka-Dharmavaram-Gooty track is moving at a snail's pace.

Union Minister of Railways Ashwini Vaishnav said that the 123-km stretch between Yelahanka and Penukonda was included in the budget for 2015-16 with an estimated cost of Rs 1,104 crore.

"So far, an expenditure of Rs 985 crore has been incurred for the project. The 72-km Yelahanka-Makalidurga-Devarapalle section has been commissioned, while works are still going on in the balance section," he said. As far as the second leg of the project, between Penukonda and Dharmavaram (42 km), is concerned, the project was included in the budget for 2018-19 with an anticipated cost of Rs 308 crore. So far, an expenditure of Rs 11 crore has been incurred on the project.

The third phase of the project, the track doubling between Dharmavaram and Gooty (90 Km), was included in the 2015-16 budget with an anticipated cost of Rs 1,009 crore. So far, an expenditure of Rs 547 crore has been incurred on the project and doubling has been completed only for 57 km. Along with doubling, electrification is also being done.

Sources said that the project was delayed due to various factors like delay in land acquisition by the government, forest clearance by officials of forest department, priority of projects, shifting of infringing utilities, statutory clearances from various authorities, geological and topographical conditions of area, law and order situation in the area of projects site, number of working months in a year for particular project site due to climatic conditions, etc.

Old pics of the doubling work between Yelahanka and Penukonda (courtesy of Karnataka Rail Users' Twitter account)

The work is also yet to pick up pace in the other crucial sector connecting Pune and Mumbai. So far, the Yeshwanthpur-Hubli section, Chikjajur-Arsikere and Tumkuru-Yeshwantpur sections are already commissioned. Further, doubling of balance sections of Hubli-Chikjajur and Arsikere-Tumkur have been taken up in patches. Chikjajur-Tolahunse (37 Km), Davangere-Harihar (13 Km), Harihar-Devaragudda (31 Km), South Hubli-Hubli (4 Km) and Tolahunse–Davangere (10 Km) are commissioned.

Sources said that the project was delayed due to various factors like delay in land acquisition by the government, forest clearance by officials of forest department, priority of projects

Ramesh Kumar, a rail activist said, "Doubling is crucial as it will help avoid frequent railway crossings and increase the speed of the train. As most of the single tracks are saturated, doubling of railway tracks needs to be done on priority basis."

BSCL accidentally spills Cauvery water

BWSSB workers speak to BM, say they were angry with Smart City's shoddy work

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Lavelle Road, which was recently renovated, was found drenched in water on Tuesday. Alas, this is not due to rain. Cauvery water, which is supplied for drinking purposes to many homes in the state flowed onto the road.

BWSSB personnel were engaged in fixing the leakage that caused this but the flow was bad and they could only make a temporary arrangement until the afternoon. It is said, they require more time to fix the leak.

A BWSSB official managing the works told BM, "Smart City has taken up pipe laying works at the cross road. As they were digging the road, they accidentally damaged the Cauvery pipeline and precious water was lost. We have been hard at work and are trying to fix the leakage."

The water spilled across Lavelle Road

Pedestrians and motorists using the road were affected by the leak too. A few workers that BM spoke to said that the work was delayed as they needed to be cautious while digging the land due to underground electric cables.

BWSSB workers expressed their anger at the shoddy work done by the Smart City. A number of underground cables under the road, adjacent to the water pipeline, made the work a little complicated.

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Pathetic
Thyagaraja Nagar

The pavement near the police station is in a bad condition and must get repaired. It is a challenge for all pedestrians, especially senior citizens, to use this footpath. At night, the streetlights in this area do not work, a reader wrote to BM.

Leak soup
SBM Colony

This manhole on 1st Cross is leaking. It has been in this state for months but the authorities concerned have not responded to any complaints, it is said.

Rough patch
Bengaluru Urban

BWSSB recently laid chambers in this area but BBMP while laying the road partially damaged one of them.

Greed lands two big cat killers in soup

They hid its paws in farmland after severing them from the body

| Bellie.Thomas
@timesgroup.com
TWEETS @Bellie_Mirror

Karnataka State Forest Department officials recently nabbed two men who allegedly trapped a leopard, killed it and severed its paws. The arrests were made within 24 hours after forest officials found the leopard carcass.

The incident took place in the forested area of Mathihalli village in Siddapur taluk forest range in Sirsi. On December 16, a group of forest officials were on beat patrolling duty inside the forests when they sensed a decomposed smell emanating from a nearby waterspot. They followed the trail which led them to the dead leopard. "We observed that all the four paws of the leopard were missing and there were snare wire marks around the leopard's neck and wounds on the body," Range Forest Officer (RFO) of Siddapur range, Shivanand S Ningani told Bangalore Mirror.

The officials collected all evidences to establish that the leopard was trapped and killed. "Usually, if it were professional poachers, they would take away the leopard's pelt as well, but since the four paws were cut and taken, the forest officials believed that it was a handiwork of locals," Ningani added.

The Regional Forest Officer, who visited the spot, informed Assistant Conservator of Forests (ACF) CN Harish who in turn apprised Deputy Conservator of Forests (DCF) SG Hegde, and the two senior officials along with a veterinarian rushed to the spot and conducted on-spot autopsy. "The leopard was a female, around three years old," Ningani said.

> **Usually, poachers would also take the leopard's pelt**
> – Shivanand S Ningani, Range Forest Officer

The same evening, the forest officials formed teams and combed the crime spot, after which they visited nearby villages and started collecting information about recent hunting incidents. From a house in Doddanekudlu village, they stumbled upon similar wire snares which the family claimed were used to prevent wild boars from destroying their farm. However, the officials picked up a man identified as Murthy Ganapathy Naik (42), a labourer and questioned him. He confessed that the act was carried out with the help of his friend Keshav Govind Gowda (49). He said they had buried the paws at Keshav's farmland and had plans to retrieve the nails later. The act was carried out so that they could sell the feline's nails in the city to make some quick buck.

The officials later picked up Keshav from his house in Kalmane village and also recovered the four buried paws.

The two accused were booked under section 9 of the Indian Wildlife (Protection) Act 1972 which states - no person shall hunt any wild animal. The two accused were produced before a magistrate who remanded them in judicial custody.

FILM
PAGE 12

Body shamers had got Athiya down too

CRIME FILES

Drunken cabbies set shop on fire 'by mistake', held

The city police have arrested two men, who allegedly set fire to a condiment shop in KS Layout mistaking it with a bar and restaurant on Vasanthpura Main Road.

The incident took place in the intervening night of Monday and Tuesday after the duo got into a brawl with the bar staff over their bill amount. The arrested are Mounish Karihole (26) and his friend Mounish Sanna Gowdar (28), both natives of Devadurga taluk, Chincholi village in Raichur district, the police said.

The two are working as cab drivers in the city and had come to drink at the bar on Vasanthpura main road in Kumaraswamy Layout on Monday night. They were in an inebriated state when they started arguing with the bar staffers. They were asked to leave the bar.

The police said, at around 1.30 am, the two returned to the bar which was closed. They, mistaking the location, poured petrol on the entrance of a condiment shop next to the bar, the police said. The duo was arrested, produced before a magistrate who remanded them to judicial custody. —BMB

Man tries to shoot himself, injures friend

The Suddaguntepalya police arrested former councillor Samiullah Khan's son for attempting suicide by firing from a pistol belonging to his brother. He eventually ended up injuring his friend who tried to save him.

The incident took place in BTM Layout on Sunday night.

Salman KS (25), a resident of BTM Layout, was booked under section 308 (attempt to commit culpable homicide) and also under various section of the Arms Act. Salman has been arrested and remanded to judicial custody while the police seized the pistol for further investigation.

Salman's brother Sana Miandad allegedly "humiliated" him in front of his friend which reportedly triggered him to raise the gun at himself. Panic gripped the area and the neighbours alerted the police. The police rushed to the spot and took Salman into custody. —BMB

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CHANGE OF NAME

I, SOWJANYA MURALIDHAR. D/o. Muralidhar, R/o. #14, 3rd Mn, 2nd Crs, AECS Layout, B Block, Singasandra, Blr-68. have changed my name to SOUJANYA MURALIDHAR vide affidavit dt: 21/12/21 before Notary H G Venkataramu, B'lr.

I, Sunil Raj (Sunil.R) S/o B.T Ramegowda R/o No.1420, 13th A main, 50 ft road, GEF Post, Muneshwara Block, Bengaluru 560026 have changed my name to SUNEEL RAJ DATTA affidavit Dt.14/12/2021 Notary B.Gopala Krishna Bengaluru

I Ajaruddin S/o Saleem Sab Hosamani R/o 2-12-912/32, Bangalore Bypass Road, Azad Nagar, Lingasugur, Raichur, Karnataka-584122, have changed my name to Ajaruddin Hosamani

I Neeta W/o Devendra Kumar Emmadi R/o #A101 Royal Fountain Square, Kaggadaspura, C V Raman Nagar, Bangalore-560093 have changed my name From Neeta to Neeta Emmadi.

I, NARENDRA .B.K S/o Krishnappa .B.N R/a chowtakuntapalli, Bullasandra Grama, Gudibande (T) Chikkaballapur (D) my name Narendra B.K declare that in my PF Account & in some documents my name wrongly entered as G. GANGA & my Correct DOB: 10.02.1993 but wrongly entered as 10.02.1992 affidavit Dtd: 11.12.2021 Before notary Muniswamy. T. Anekal.

I, SHANMITHA CHAGAL D/o Pradeep Kumar residing at # 116/B, 6th 'B' Cross, Muneshwara Block, Attur Layout, Yelahanka New Town, Bengaluru-560064 have changed my name to SHENMETHA PRADEEP CHAGAL, vide affidavit dated 21-12-2021 before Notary SIVAKUMARA M.N, Bengaluru.

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Every 74 out of 100 people use internet in Karnataka

K'taka loses over one lakh subscribers in Sept-Oct this year; wire line tele-density in India increases from 1.69% to 1.70%

Sridhar.Vivan
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TWEETS @sridharVMIRROR

As per the latest Telecom Regulatory Authority of India (TRAI) report, data subscribers in Karnataka are yet to catch up with other states in the country. Karnataka has 74.1 subscribers per 100 people -- much less than Delhi (218.69 per cent), Himachal Pradesh (92.26 per cent), Punjab (90.69 per cent), Mumbai (82.01 per cent) circles. The national average is 61.06 subscribers per 100.

"As per the information received from 577 operators in October 2021 in comparison with 522 operators in September 2021, the total broadband subscribers increased from 794.88 million at the end of September 2021 to 798.95 million at the end of October '21 with a monthly increase rate of 0.51 per cent," states the report.

One lakh subscribers lost

Not an increase, but the state has witnessed a decrease in subscribers. During September-October this year, Karnataka lost 1,17,966 subscribers. Out of the overall loss in subscribers in the country, Karnataka's share was 0.18 per cent while the maximum erosion was 0.91 per cent in Kolkata circles.

Decrease in urban mobility

The number of telephone subscribers in India increased from 1,189.15 million at the end of September '21 to 1,189.62 million at the end of October '21, thereby showing a monthly growth rate of 0.04 per cent, says the TRAI report. Surprisingly, the urban telephone subscription decreased from 659.09 million at the end of September '21 to 658.83 million at the end of October '21; however,

> **Telephone subscribers in India increased from 1,189.15 million at the end of September 2021 to 1,189.62 million at the end of October 2021** –TRAI report

the rural subscription increased from 530.06 million to 530.79 million during the same period.

The monthly growth rates of urban and rural telephone subscriptions was -0.04 per cent and 0.14 per cent respectively. The overall tele-density in India decreased from 86.89 per cent at the end of September'21 to 86.86 per cent at the end of October '21. The urban tele-density decreased from 138.72 per cent at the end of September '21 to 138.45 per cent at the end of October '21; however, rural tele-density increased from 59.33 per cent to 59.39 per cent during the same period. The share of urban and rural subscribers in the total number of telephone subscribers at the end of October '21 was 55.38 per cent and 44.62 per cent respectively.

Increase in wireline subscribers

While there is a major push for the wireless subscribers, wireline subscribers also increased from 23.13 million at the end of September '21 to 23.32 million at the end of October '21 in the country. The net increase in the wireline subscriber base was 0.19 million with a monthly growth rate of 0.82 per cent.

The share of urban and rural subscribers in total wireline subscribers were 91.72 per cent and 8.28 per cent respectively at the end of October, 2021. The overall wire line tele-density in India, increased from 1.69 per cent to 1.70 per cent. The urban and rural wireline tele-density was 4.50 per cent and 0.22 per cent respectively during the same period.

True grit

Bengaluru's first tunnel boring machine 'Urja', which made a breakthrough on September 22 after tunnelling between Cantonment to Shivajinagar Metro Station, was transported and reassembled to start its next drive. It will start tunnelling from Cantonment to Pottery Town station (907 metres) from December 22.

B'luru up in arms against anti-conversion bill

Citizens' groups from across faiths are set to protest against the anti-conversion bill on December 22. A rally will be held from Mysore Bank Circle to Freedom Park. The protestors claim that the bill is an attack on the fundamental right to privacy and religious minorities.

"The government is trying to dictate people's religious choices, and in doing so, is effectively entering our homes and controlling our faith and thoughts. This has no place in our constitution," said a member of All India Central Council of Trade Unions (AICCTU).

According to a report published by the People's Union of Civil Liberties (PUCL), in 2021, there have been 39 instances of attacks on Christian community members in Karnataka.

"People convert to religions for various reasons and it's a private matter. It even tries to criminalise 'acts of kindness', said a member from AICCTU.

Activists allege that the bill takes away the agency of the individual and gives undue power to anyone to call out 'forced conversion'.

"This is an attack on the autonomy of women's rights. The definition of the bill itself describes forcible conversion to include allurement, which is inclusive of a clause to portray one religion in bad light or glorify one religion over another. Under this law, anyone can be accused of being involved in forceful conversions." said Manvi, advocate from PUCL.

—Melvin Mathew

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PARAS

Take care, health ministry sounds Omicron caution

New variant is thrice more transmissible than Delta, so States asked to be quick with decision-making and containment action at the local and district level

Union Health Ministry on Tuesday alerted States and Union Territories about the new COVID-19 variant, Omicron, and said that based on current scientific evidence, Omicron is at least three times more transmissible than the Delta variant.

The ministry further added that greater foresight, data analysis, dynamic decision making and strict and prompt containment action is required at the local and district level.

A letter written by Union health secretary Rajesh Bhushan to health secretaries of states and Union Territories read, "This is regarding the measures that need to be taken in view of initial signs of surge in cases of covid-19 as well as increased detection of the Variant of Concern (VoC), 'Omicron' in different parts of the country."

A healthcare worker decorates a Christmas tree with empty vials of covid vaccine in Kolkata

Constant review of emerging data

"In this context kindly recall this Ministry's earlier guidance shared with States/UTs on multiple occasions regarding the recommended strategies for containment and restrictions,keeping the District as a unit. At the district level, there should be a constant review of emerging data regarding the population affected by covid-19, geographical spread, hospital infrastructure and its utilization, manpower, notifying Containment Zones, enforcement of perimeter of containment zones etc. This evidence should be the basis for effective decision making at the district level itself. Such a strategy ensures that infection is contained at the local level itself before it spreads to other parts of the state," the letter read.

The main elements of the framework to be used by States and UTs to facilitate decision making at the District Level were given by the ministry. Firstly, the test positivity of 10 per cent or more in the last one week or bed occupancy of 40 per cent or more on oxygen supported or ICU beds.

In case any one of these parameters are met in any district, district-level containment measures and restrictions may be put in place forthwith.

Equally important, the restrictions must be strictly enforced.

"Based on current scientific evidence, the VOC Omicron is at least three times more transmissible than the Delta VOC. Besides, the Delta VOC is still present in different parts of the country. Hence, even greater foresight, data analysis, dynamic decision making and strict and prompt containment action is required at the local and district level. The decision making atthe State/UTs and district level must be very prompt and focussed," the letter said.

Take measures before it is too late

The ministry said that the template above provides a normative framework. However, based on the local situation and population characteristics such as density etc and keeping in mind the higher transmissibility of Omicron, States/UTs can take containment measures and restrictions even before these thresholds are reached. – ANI

> **"Even greater foresight, data analysis, dynamic decision making and strict and prompt containment action is required.**
>
> — From the Health Secretary's letter

Bengaluru Urban is almost 100% vaxxed

CONTINUED FROM PAGE 1

reluctant and are coming forward to receive the jabs," added Manjunath.

According to Manjunath, Bengaluru Urban achieved high targets with micro-level planning followed by door-to-door vaccination: "Initially, with the limited vaccine supply, we would target the senior citizens to ensure they are vaccinated. Then, we started door-to-door; those who had missed out were vaccinated by the team of ASHA workers, Anganwadi workers, panchayat officials, revenue officials and vaccinators. Similarly, in the urban local bodies, we targeted the wards which had low numbers of jabbed individuals and went door to door to have the citizens vaccinated."

While the vaccination in the state had kick-started on January 16, 2021 starting from healthcare staff followed by senior citizens and people with comorbidities, Bengaluru Urban district officials had planned to start the process with pick up and drop facilities to achieve the target. "The villages located under our district are far off from the hospitals and even the primary health centres (PHCs).

Many citizens have to travel for at least 3 km to come to the PHCs to get their shots and often would not turn up.

So, we decided to have mobile vans, where the citizens would be picked up from the place of residence, would then be vaccinated and dropped back thereafter at their respective houses. In this way, large numbers of the population were covered," explained Manjunath.

Meanwhile, considering the many industries and factories located in the district, the administration conducted mega vaccination drives in the areas to cover the populations concerned.

So far, four districts in the state including Bengaluru Urban have achieved 100% and more coverage of the first dose: Gadag at 102%, Vijaypura at 101% and Bagalkote at 100%. However, in terms of second dosage, the districts are left behind with Gadag at 70.4% , Bagalkote at 79.5% and Vijaypura at 74%.

Health minister Dr K Sudhakar pointed out that overall the first dose coverage in the state stands at 96% with over 4.7 crore people vaccinated out of the 4.9 crore population.

"Karnataka's vaccination drive is inching closer to 100%. First dose coverage stands at 96.26% — first in the country — and second dose coverage at 73% — third in the country — amongst the larger states," he said.

Some more NYE restrictions

As per the latest guidelines, celebrating new year in parks or roads has been banned. Hotel and restaurants staff need to have RT-PCR negative certificate and all the staff should have recieved both the doses of vaccination mandatorily. Only those customers who have got both vaccine doses are allowed to enter pubs and restaurants. The staff need to check the double dose certificate before letting the customers in. Apartment complexes are allowed to conduct new year programmes but DJ or parties are banned.

IN BRIEF

Give Bengaluru a good Masale Dose any day

For a long time, there has been a debate as to what is the favourite food of Bengaluru? Is it a Biryani or Bisibele bath? Well, according to the latest survey by a food delivery app, it is Masale Dose. Swiggy's sixth annual StatEATstics replays what India ordered, ate, and ferried in 2021 says that the favourite food in Bengaluru are Masale Dose followed by Chicken Biryani, Paneer Butter Masala, Ghee Rice and Ghobi Manchuri. Bengalureans' love for Dosas is awe-inspiring: Not only did Bengaluru top the charts for ordering Doses, Dose batter was also very popularly ordered by people in Bengaluru, Hyderabad and Mumbai - with deliveries of over 8 lakh kg of batter in 2021. Chennai turned out to be the most generous city where a Swiggy delivery partner was tipped Rs. 6,000 for a single order The report states that Bengaluru emerged as the most health-conscious city followed by Hyderabad and Mumbai Mondays and Thursdays are when India eats the healthiest. Keto orders have grown by 23 per cent. There is also an 83 per cent surge in vegan and plant-based food orders.

Free bus passes to garment factory workers

In recognition of the contributions of women working in garment factories in the city, the Karnataka government has decided to provide free bus passes to about 2.5 lakh such workers to travel to their work place. But 40 per cent of the pass amount will have to be borne by owners of garment factories where the women workers are employed. Under the project 'Vanitha Sangathi', the Bangalore Metro-politan Transport Corporation in collaboration with the Labour department has decided to issue free monthly bus passes from January next year, the BMTC said in a statement. It also said that the women should submit their request to the factory owners.

State Assembly passes four bills

Four bills, including one to specify a separate rate of property tax for industrial buildings in corporations and other urban local bodies, aimed at encouraging the establishment of industries in the state, were passed in the Legislative Assembly on Tuesday. The Karnataka Municipal Corporations and Certain Other Law (Second Amendment) Bill 2021, that amends the Municipal Corporations and Municipalities Act, the Karnataka State AYUSH University Bill, 2021, the Karnataka State Civil Services (Regulations of transfers of teachers) (Second amendment) Bill, 2021 and The University of Agricultural Sciences (Amendment) Bill, 2021 were the bills passed.

HEALTH TIP: A scoop of ice cream topped with seasonal fruits is okay to enjoy on cheat days

Butter is good when consumed in the morning

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BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I am a 35-year-old woman and I have been married for 17 years. So far we have had a good marriage. It's only recently that I have developed a great liking for sex. I want to have it all the time, and my husband is not able to cope. I love him and he is a good man, but how do I control my urge and manage myself? I have tried masturbating but that is not good enough. What could be happening? Why am I suddenly feeling this way?
I suggest you consult with a gynaecologist. Keep the clitoris – this is the equivalent of your penis – clean.

2 I am a 30-year-old man and I am attracted to both men and women. But I have never been in a proper relationship with anyone of either gender. Recently, I indulged in oral sex with a stranger. Since then, I am consumed with the thought that I may have I contracted an STD from the person. I know my mind is working overtime, but I am deeply worried. Please advise.
I cannot tell you whether you are infected or not. Always ensure that you are using protection.

3 I am 64 years old and in good health. I don't suffer from high sugar, BP or cholesterol. I am active and continue to work. In the last three months, I've been suffering from erectile dysfunction. I am unable to hold an erection for longer than a minute. Should I try pills like Viagra or Levitra or Cialis, etc?
Self medication is not advised. Visit a sexpert or ask your doctor about what, how and when you should take medication.

4 I've recently discovered a wart near my anus. I don't suffer from other problems. Could this be a sign of piles?
Warts are contagious and can spread rapidly. Have you been in touch with someone who has warts? It is not connected to piles. See a skin specialist.

MEET THE SEXPERTS
Use this QR code to send your questions to us

CALCIUM: YOUR BONES' BUDDY

Including the mineral in your daily diet can increase bone and muscle strength

Kayalvizhi Arivalan
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Calcium is one of the most important minerals for maintaining healthy bones and teeth in the human body. It aids in the efficient functioning of nerves and muscles, as well as the maintenance of a healthy heart. It is therefore necessary to consume calcium-rich foods to boost your daily intake. Vitamin D is required by the body in order for calcium to be absorbed which is stored in the bones and teeth.

"A calcium deficiency can result in a decrease of bone strength, which can lead to osteoporosis. When these people fall or have an accident, they are more likely to break their bones. It also causes rickets in youngsters, a condition in which the bones and growth cartilage become dehydrated. Low calcium levels can be caused by low vitamin D, low magnesium, and deficient parathyroid hormone," says Dr. Aafrin Shabbir, Senior Consultant, Internal Medicine, Gleneagles Global Health City, Chennai.

Experts also believe that individuals might experience neuromuscular irritability, numbness, tingling of the hands and feet, muscle cramps and spasm, decreased appetite, and abnormal heart rate when they experience low calcium in the body.

Ideal intake of calcium

"Adults require about 1,000 mg of calcium daily. Pregnant women and lactating mothers require about 1,000 mg daily as well. The post-menopausal group requires about 1,200 mg every day and children between nine and 18 years require 1,300 mg," says Dr. Shabbir. He clarifies that studies show that regular calcium levels lower the risk of coronary artery disease, as well as the risk of colon and rectal carcinoma. Calcium also reduces the risk of preeclampsia in pregnancy. Be aware, though, that too much presence of calcium in the body can lead to the weakening of bones, creating kidney stones, and also affecting the health of the heart and brain.

Pro tip: Drink plenty of water to flush out the excess calcium in the body.

Calcium-rich foods

Calcium is naturally available in both dairy and non-dairy products. Milk and milk products like cheese and yogurt are the best sources of calcium. Soya beans and almonds are rich in calcium. Vegetables like broccoli, kale and Chinese cabbage have a good amount of calcium present in them. Fish with edible soft bones like sardines and salmon are having a good concentration of calcium. Here we list some of the best dairy and non-dairy sources of calcium.

Pro tip: Studies show that calcium helps to lose weight.

Non-dairy sources of calcium

You can boost your calcium intake with these non-dairy foods.

Seeds
Chia, sunflower and pumpkin seeds, for instance, are considered powerhouses because they are high in many essential elements. Poppy seeds, chia seeds, and sesame seeds are calcium-rich foods that should be consumed on a daily basis.

Green leafy vegetables
Spinach, turnip greens, kale, mustard greens, and beet greens are all calcium-rich vegetables. Half a cup of these steamed or semi-cooked greens has roughly 100 milligrams of calcium, which the body needs.

Beans and lentils
Beans and lentils include a variety of minerals, including iron, zinc, folate, magnesium, and potassium, in addition to fibre and protein. Many people who follow a diet prefer beans. It is a food that is included in many diet plans because it lowers cholesterol levels and lowers the chance of acquiring type 2 diabetes.

Almonds
Almonds have the highest calcium content of all nuts. They are also loaded with healthy fats that are responsible for increasing good cholesterol and they are also excellent sources of magnesium and manganese.

Orange juice
Many people are unaware that oranges are high in calcium. Oranges are almost as calcium-rich as milk. Orange juice with pulp is high in fibre, which is helpful for digestion. Vitamin C can be found in abundance in oranges.

Dairy sources of calcium

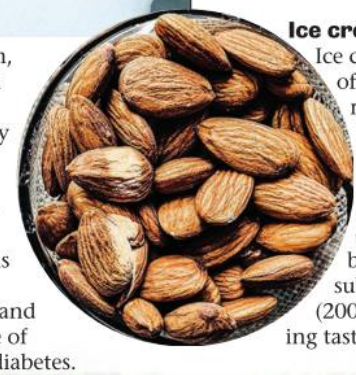
Dairy products are a good source of calcium. Milk and milk-based products are your go-to option if you are falling short on your daily calcium intake.

Milk
One of the best sources of calcium is milk. Calcium from dairy products, particularly milk, is well absorbed by the body. Protein, vitamin A, and vitamin D are all found in milk.

Cheese
Cheese, like milk, is a good source of calcium. In comparison to the harder cheeses, the softer cheeses have a lower calcium content. Despite its high saturated fat and calorie content, dairy consumption may lower your risk of heart disease.

Yoghurt
Yoghurts come in a variety of flavors and include a lot of calcium. They are also high in probiotics, which assist to improve immunity by promoting the growth of healthy bacteria. While Greek yoghurt is a rich source of protein, low-fat yoghurt is higher in calcium than the other varieties.

Butter
Like any other dairy products, butter also has a good amount of calcium. One cup of butter has about 54 mg of calcium. As compared to light stick salted and unsalted variants, butter salted contains half the calcium.



Ice cream
Ice cream contains a lot of calcium. Yes, you read that correctly. The good news is that a scoop of ice cream contains naturally-occurring calcium and it can be fortified to provide substantial amounts (200 mg) without affecting taste or texture.

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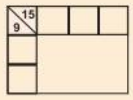
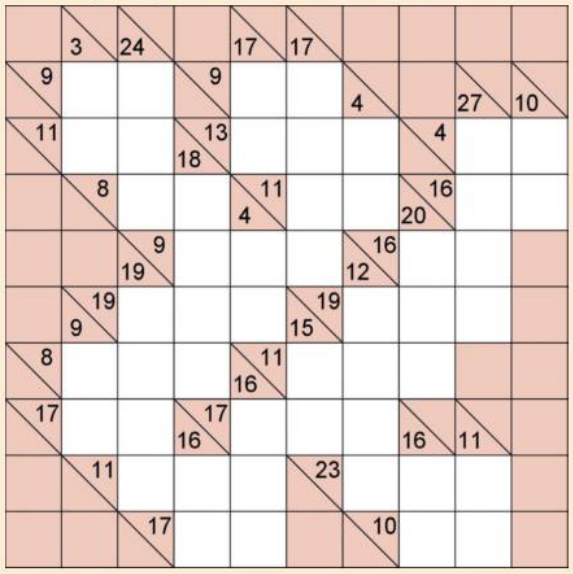
Kakuro

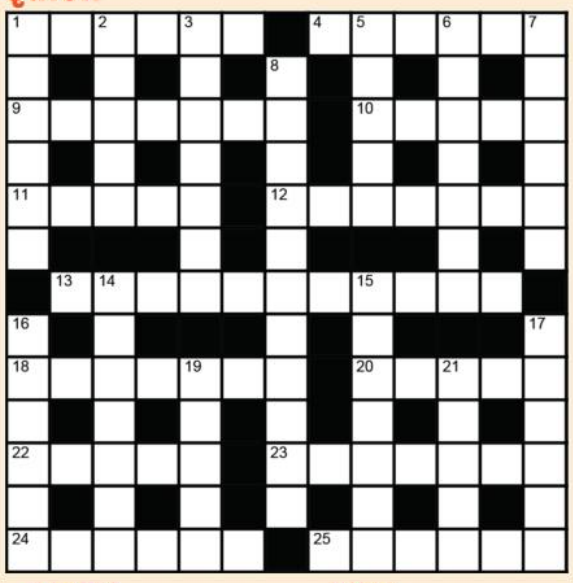
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Of the countenance (6)
4 Emulated a cartographer (6)
9 American poet and essayist (7)
10 Had ___ : quarrelled? (5)
11 One showing skill (5)
12 On the job (7)
13 You'll find The Forum and Jyoti Nivas College in this area (11)
18 Porridge ingredient (7)
20 Bimal Roy's classic, "Do Bigha __"? (5)
22 Long walking-stick (5)
23 Nothingness (7)
24 Breadth, scope or boundary (6)
25 Calm and unruffled (6)

DOWN

1 Ferocious (6)
2 Lotion (5)
3 European country (7)
5 City in Rajasthan (5)
6 Biased; not complete? (7)
7 Pattern (6)
8 Increasing at an accelerating rate (11)
14 Pariah (7)
15 Small swift antelope (7)
16 Make hair untidy (6)
17 Organic catalyst (6)
19 Fey (5)
21 One of the USA? (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS D

ZAAYABEM ETB'S UTRBS RBX-AMM PTR MLABE SQAK ETDBV MTKASQDBV UTKLXASAXP LTDBSXAMM.

Linemaro

A life without you would be like a year without summer

Mindchow

The less time you have to work with, the more things you get done

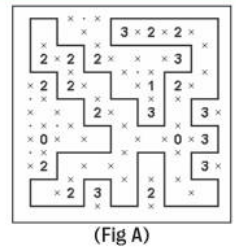
Joke of the day

Isn't having a smoking section in a restaurant like having a peeing section in a swimming pool?

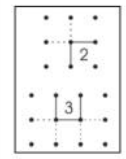
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

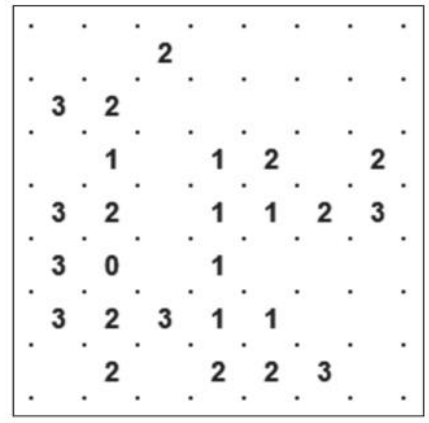


(Fig B) Not Allowed

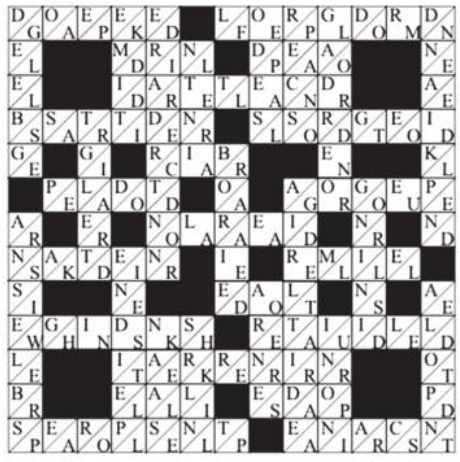
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5 Y
6				
7				
8				
9				

ACROSS

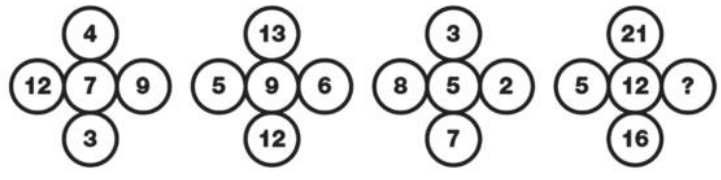
1 My ilk; 6 A nine;
7 Asura; 8 Voile;
9 Sawed

DOWN

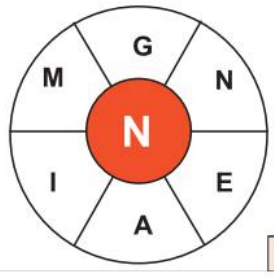
1 Ow aim; 2 Ulna I;
3 Laird; 4 Kane V;
5 Essey

Mensapuzzle

Which number replaces the question mark and completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 12 Good; 14 Outstanding

SudokuChallenge

	1	2	9		6	5	4	
8								3
	4			1			9	
	5		7		3		1	
2								7
	3		1		8		2	
	2			7			5	
9								2
	7	4	3		2	6	8	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

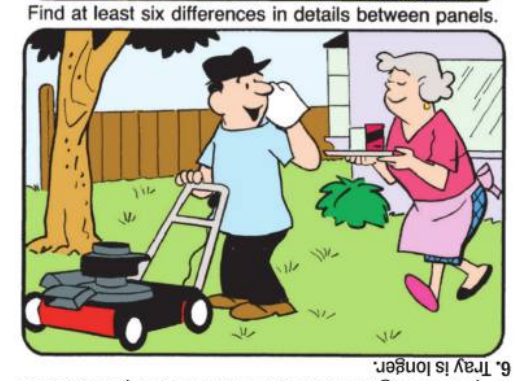
Easy = 7
3 4 8 8

Medium = 9
3 3 3 5

Hard = 45
3 6 9 4

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Window is smaller. 2. Bush is larger. 3. Apron is longer. 4. Man is thinner. 5. Fence post is taller. 6. Tray is longer.

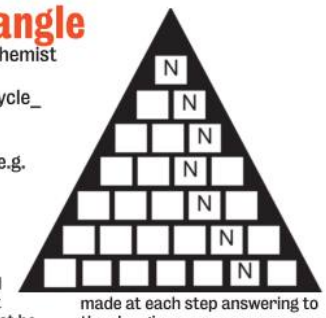
Riddler

Recently, Snow White's seven dwarfs met up with three of their friends and went to the cinema to see Bambi. From the clues below, can you determine the order in which they stood in the ticket queue? Grumpy was in front of Dopey. Stumpy was behind Sneezy and Doc. Doc was in front of Droopy and Happy. Sleepy was behind Stumpy, Smelly and Happy. Happy was in front of Sleepy, Smelly and Bashful. Bashful was behind Smelly, Droopy and Sleepy. Sneezy was in front of Dopey. Smelly was in front of Grumpy, Stumpy and Sneezy. Dopey was in front of Droopy. Sleepy was in front of Grumpy and Bashful. Dopey was behind Sneezy, Doc and Sleepy. Stumpy was in front of Dopey. Smelly was behind Doc.

Alpha triangle

1 Nitrogen for the chemist
2 Not out
3 Desktop icon: recycle_
4 Famous Crosby
5 Flashy jewellery
6 Piling up like hay, e.g.
7 Crying noisily

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.



DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

QUICK, MEDICINE MAN! WHAT'LL I DO ?
REDEYE JUST SWALLOWED A WHOLE BOTTLE OF GASOLINE BY MISTAKE!
FIRST OFF...TELL HIM TO OBEY ALL "NO SMOKING" SIGNS!
10-8

Bizarrotrip

If you'd told me you can't eat spicy foods, I wouldn't have served fire ants.
Wayno & Piraro 10-19-21
BIZARRO.COM ©2021 BIZARRO STUDIOS
Dist. by King Features

Diamond Lil

Hart of the city

I'M BORED! AND HOT!
WHAT'S IN THIS CARAVAN ANYWAY?
WAIT! THE GUIDE SAID WE AREN'T SUPPOSED TO OPEN IT! IT'S BEEN SEALED!
I CAN'T HEAR YOU OVER MY MAGIC!
HEART OF THE CITY © 2021 ANDREWS MCMEEL
@GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

SO, WHAT ARE YOU GOING TO MISS MOST WITH THE PAPER GONE, EDDIE?
THE LOCAL POLITICAL COVERAGE... THE HUMAN INTEREST STORIES... THE HIGH SCHOOL SPORTS...?
FRANKLY, I'M GOING TO MISS THE 'JUMBLE'!
BANTHAM'S
PIZ
© 2021 Mediaphors, Inc. Dist. by North America Syndicate
BATIUK & DAVIS
10-15

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be enthusiastic, you may be more focused which may speed up your postponed projects. Your subordinates may help you to start a new project which may give you profits in the near future. You may expect some short trips related to your family issues. Job seekers may hear good news in terms of a job.

Taurus Apr 21 – May 20
Today you may be busy with family issues. You may take some important decisions on the domestic front. You should avoid arguments on personal life matters. Your arrogance may affect domestic harmony. You are advised to follow your intuition before making investments in business.

Gemini May 21 – Jun 21
Today, your inner strength may help you to start some new innovations on the work front. You are likely to get a big order in your parental business which will increase growth in the business in the near future. New responsibilities in your job may make you busy; jobseekers might get a good job. Understanding with the spouse may be improved, which can maintain harmony in the family life.

Cancer Jun 22 – July 23
Today you may feel dull; your health may not be good. You may be nervous. You may also have anxiety and restlessness. You are advised to postpone your important investments in business or real estate. You are advised to avoid rash driving. You should avoid long-distance travelling also. You are advised to do meditation; it will be helpful in controlling a messy situation.

Leo Jul 24 – Aug 23
Today, blessings from elders may make you happy; your investments may give you profits. Losses will be converted to profits now. Your savings may boost your bank balance. You may plan to invest in kid's future also. You may also enjoy some delicious food at home. Your problems related to throat, teeth, ear or nose may be resolved now.

Virgo Aug 24 – Sep 23
Today, you will be blessed by elders. Your patience will become very good; your focus towards your work may be very good too. Parent's health will improve. You are likely to spend your time with elders. You may also meet some influential person who may help you on professional front. You may also enjoy your romantic moments which may increase harmony in domestic life.

Libra Sep 24 – Oct 22
Today, you may be spiritual; you may help needy people around you. You may also plan to donate some amount to charity or religious place. Your good karma may help you get success in your difficult projects. You may feel some divine power around you which may help you in unpredictable situations. You may be attracted by occult. Students are likely to enjoy studies in depth.

Scorpio Oct 23 – Nov 22
Today, you may feel dull; you may be a victim of hidden fear which may make you scared. You are not in a situation to trust anyone. It is advised to perform meditation, chant some prayers which may help you to come out from this situation. With the help of elder's blessings during late evening, you may come out from this messy situation.

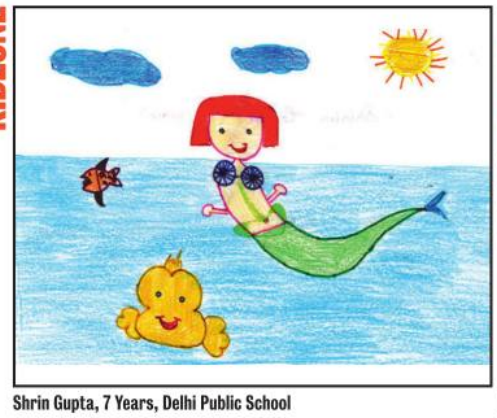
Sagittarius Nov 23 – Dec 22
Today, you may be busy at work; your network may increase and with the help of the network, you are likely to get a big order in terms of business and work. You are likely to start innovations in partnership. You may get some investments in your business which will increase your business in near futures. Your emotional relationship with your spouse will be improve.

Capricorn Dec 23 – Jan 20
Today, you may find yourself in a self-analysis state which will bring some confidence in you. Your focus towards your goals is now clear; you may get success to achieve your goal. Your creativity might improve and you will take interest in artefacts, movies, glamour and real-life objects. At the end of the day, you may feel some satisfaction related to your life. Your opponents are likely to be under control now.

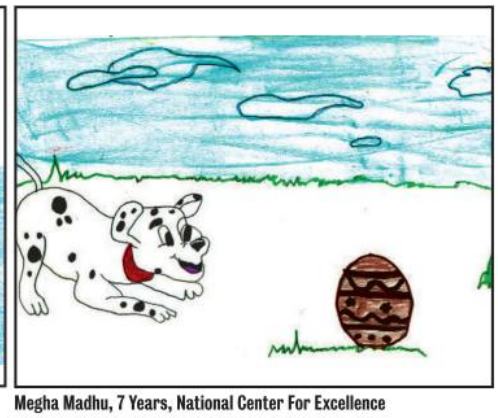
Aquarius Jan 21 – Feb 19
Today, you are likely to use your creativity to renovate your house or office. Your focus towards your goals may be better. Overworking may tire your mind which can create anxiety, restlessness and stress, which may affect your domestic life. Students are advised to avoid fantasies during their studies, they are advised to study with focus and dedication.

Pisces Feb 20 – Mar 20
Today you may be dissatisfied; people around you may not cooperate with you, you are advised to keep patience. You are also advised to read documents carefully before signing any contracts. Making new investments in useless stuff may become a bottleneck for you. Students are advised to read their subjects with patience.

KIDZONE



Shrin Gupta, 7 Years, Delhi Public School



Megha Madhu, 7 Years, National Center For Excellence

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

BULL'S EYE
amen, enigma, gain, inane, main, mane, mange, mean, MEANING, men, mine, name, naming, nine

SOLVE IN 1M
$((\frac{1}{2})^{-1})^{-1} + (\frac{1}{2})^{0}$
$(\frac{1}{2})^{-2} + \frac{1}{2}$
9 *4
36

FAST FIVE

M	I	L	K	Y
I	N	A	N	E
A	U	R	A	S
O	L	I	V	E
W	A	D	E	S

QUOTE UNCODE
Weekends don't count unless you spend them doing something completely pointless.

STRIKE OUT

S	E	R	P	E	N	T		E	N	A	C	T		
			E		I			D	O			P		
E			T	A	K	E	N	I	N			O		
			E	L	I		E	D	O			R		
W	H	I	S	K	S		R	A	I	D	E	D		
S			N				D	A	L		N		A	
N	A	D	I	R		E		E	M	I	L			
A		E		O	A	R	E	D		R		D		
	P	L	O	T		O		A	R	G	U	E		
E		I		C	A	B		E		L				
B	A	T	T	E	N		L	O	D	G	E	D		
E		I	R	E	L	A	N	D				E		
L		M	I	L		P	E	A				E		
	G	A	P	E	D		F	O	R	L	O	R	N	

QUICK

E	X	T	E	N	T		S	E	R	E	N	E		
			L											
S	T	A	F	F		N	U	L	L	I	T	Y		
			U		C		L		I		E	A	Z	
	O	A	T	M	E	A	L		Z	A	M	I	N	
			T		U				L		A		E	
	K	O	R	A	M	A	N	G	A	L	A			
	E				I		B				A		N	
C	O	M	E	R		W	O	R	K	I	N	G		
R		A		T		O		A		T		I		
	E	M	E	R	S	O	N		W	O	R	D	S	
I		R		U		S		L		A		E		
F	A	C	I	A	L		M	A	P	P	E	D		

MENSA PUZZLE
6. In each group of circles, the centre number equals the average of the four surrounding numbers.

RIDDLER
Doc, Happy, Smelly, Sleepy, Grumpy, Sneezy, Stumpy, Dopey, Droopy, Bashful

SUDOKU

7	1	2	9	3	6	5	4	8
8	9	6	2	4	5	1	7	3
5	4	3	8	1	7	2	9	6
6	5	9	7	2	3	8	1	4
2	8	1	5	9	4	3	6	7
4	3	7	1	6	8	9	2	5
3	2	8	6	7	9	4	5	1
9	6	5	4	8	1	7	3	2
1	7	4	3	5	2	6	8	9

ALPHA TRIANGLE
N, In, Bin, Bing, Bling, Balling, Bawling.

GO FIGURE
Easy
Medium
Hard
$4 + 8 - 8 + 3 = 7$
$5 - 3 \times 3 + 3 = 9$
$3 + 6 \times 4 + 9 = 45$

LOOP

KAKURO

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It was not all easy, PeeCee in the West

Priyanka reveals she had a tough time to convince people she can play pivotal roles

Priyanka Chopra might be a global icon today but her journey in Hollywood has not been a bed of roses. It has taken a lot of hard work for the actress to reach where she is today.

Spilling some beans on the same, Priyanka stated that when she went to the US and started working, it was very hard for people to take her seriously. For her, it was difficult to convince people that she can play pivotal parts and lead roles as she didn't carry the stardom that she had built in India. The actress revealed that she walked into every room as a new actor and demanded opportunities. Elaborating, PeeCee added that for people to develop confidence in you takes time. She has been working for almost seven years in Hollywood and now she feels very excited to be trusted with a movie like 'The Matrix Resurrections.' Priyanka also shed some light on the lack of opportunities in the global entertainment industry for South Asian actors. According to her, few South Asians like Mindy Kaling, Aziz Ansari, Hasan Minhaj and Riz Ahmed have pushed the envelope, where the door has been kicked open and they have demanded a seat on the table. She believes that although they have a long way to go, they have their foot at the door. Meanwhile, Priyanka will next be seen in Farhan Akhtar's 'Jee Le Zaraa'.

—ETimes

HAPPENING LADY

We look at five times that Aishwarya Rai Bachchan grabbed the headlines recently

On Monday, Bollywood actress Aishwarya Rai Bachchan was summoned by the Enforcement Directorate (ED) for questioning in connection to the 2016 Panama Papers tax leaks case. The actress appeared before the officials in Delhi and was questioned for six hours straight. As the actress continues to trend on social media, here's taking a look at times when Aishwarya ruled headlines in the past.

The summons

On December 20, Aishwarya was questioned by the ED at its headquarters in central Delhi in a case linked to the 2016 'Panama Papers' case. The actress is facing money-laundering allegations for her involvement in an offshore entity/trust.

Her Ponniyin Selvan: I look

Aishwarya Rai's role and look in her upcoming movie 'Ponniyin Selvan' has been kept under wraps since a long time. But a few days back, a picture of the actress from the sets was leaked online. The photo captured her standing on a platform in a red silk saree. Aishwarya sported heavy gold jewellery-- necklaces, bangles, earrings, maang tika and other ornaments. Her picture instantly went viral on social media.

Pregnancy rumours

Earlier this year, there were rumours doing the rounds on social media that the star is expecting a second child. When the actress was shooting for Mani Ratnam's 'Ponniyin Selvan' in Puducherry with South actor-politician Sarath Kumar, his daughters had posted stunning pictures with Aishwarya and Abhishek Bachchan. Soon after the photos were shared on social media, netizens started speculating that Ash is pregnant since she was seen hiding her tummy by keeping her arm.

Body shamers had got Athiya down too

Athiya Shetty recently revealed that she has been a victim of body shaming in her childhood because she looked a certain way and that it took her a long time to gain her lost confidence.

She said, "Yes I have fallen into the category of body shaming when I was young. People need to realise that body shaming is not only associated with being overweight but also being skinny. I have always believed that commenting on someone's weight, appearance or anything that can make them less confident is something that is inappropriate."

Highlighting the importance of carefully choosing words, the actress said, "Our words have such an impact on people and our everyday lives. It's important to be kind and understand that how we feel reflects in our everyday activities as well as our everyday doings and it can come from a very subconscious place as well. So one has to be mindful of what they say about people." Talking about healing, she said, "I used to be very conscious of my body and I still am, but I am a lot better because I am a lot more confident about myself and who I am as a person today."

Talking about the notion of beauty in society, she said, "There are so many false adjectives of beautiful. I think it is scary because you see so many people wanting to look the same way and because of social media it is also starting from a very young age which is sad."

When Aishwarya kissed her daughter Aaradhya

On the occasion of Mother's Day, Aishwarya Rai Bachchan had shared an adorable picture on Instagram in which she was seen kissing her daughter Aaradhya Bachchan on her lips. The actress captioned the picture as: "LOVE YOU UNCONDITIONALLY Happiest Mama in the World". It melted the hearts of her fans and admirers. While there were some users who decided to attack diva over the photo.

Purple haze

Back in 2017, Aishwarya shook the fashion world as she sported a purple lipstick for the final red carpet appearance at Cannes. Her bold look left the fashion fraternity divided between whether to applaud the actress for choosing such an unusual look or to criticise her for it. Though netizens poked fun at Aishwarya's lavender-he lipstick at Cannes, her style went down in history as an iconic move.